

Fall Coping Skills

-  Feel the crisp, fall air.
-  Hear the crunch of leaves as you step on them.
-  See all of the new developing fall foliage.
-  Smell a hot cider or pumpkin spice latte.
-  Taste and truly enjoy some warm soup.
-  Go for walk around a pumpkin patch.
-  Enjoy reading by a fire.
-  Try cooking a fall recipe.
-  Spend time with friends at a pumpkin patch.
-  After cleaning, decorate an area for fall.
-  Make a list of what you're grateful for.
-  Find a charity to donate fall food items to.
-  Color Fall-themed coloring pages.
-  Carve a pumpkin.
-  Visit a pumpkin patch and spend time picking your pumpkin.
-  Enjoy time outdoors in the new weather and views.
-  Have a bonfire and smores.